



Own your Creative Power by knowing when to Surrender

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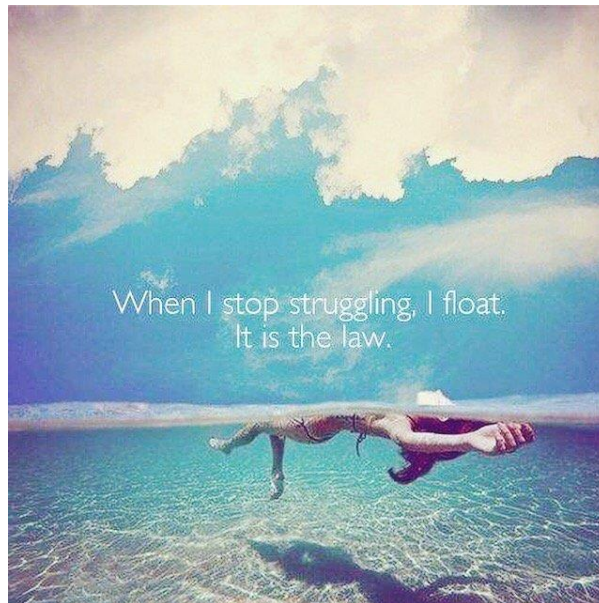
Most of us believe happiness and success is achieved by grinding away, working extra hard, and really giving it our all. We go, go, go and we push, push, push until we have worked ourselves to a point of exhaustion. If something doesn't seem to be going the way we want it to, or we seem to have reached a plateau, or things just don't seem to be happening anymore, we believe we need to put in even more effort. Often that is just the wrong thing to do. Sometimes it's not more effort and work you need, sometimes you need to let go. You need to surrender to what is at the moment, and just let it be.

Surrender used to be strictly used in the spiritual sense (or in reference to war which is not what we are talking about here), but having done a Google search, it appears as a term a lot more in the mainstream news these days. Surrender is about letting go. It is about accepting what is and just going with the situation as it is. In the spiritual sense it is often one of the highest levels one can attain, coming after wisdom.

Surrender is not about giving up. Sometimes you do need to give up a goal you were thinking of pursuing because it is just not the right goal for you. Sometimes you need to give up thinking a person will become who you want them to be, because people will not change just because you want them to. When something is clearly wrong for you, you give it up, you don't surrender. When you really want something and you know (and probably others know too,) it is right for you, and you have done everything you know how to do, then you need to stop pushing against the wall and surrender.

You also can't just surrender and think something will happen for you. If you want to start a business or study a course, you can't just think you can surrender and everything will work out right for you. You have to put in the work. Most things in this world are achieved because

people took the right action. So don't think that surrender means a free ride. After you have done everything you know how to do, if you are still not seeing what you want happen, then you surrender. As author of the success principles, Jack Canfield says, "Put in the work and let go of the outcome". You have to put in the work. The outcome may not come when you want it to. Or the right timing may not be as you would like it to be.



So how do you surrender? Imagine you are pulling a heavy load. Just stop. Just stop pulling. Let it go. Let things be as they are right now not as you necessarily want them to be. It requires an attitude shift.

In this world of change and – well chaos is not the wrong word – we try to control everything. We use lists, routines, schedules, reminders and so on to keep us in control. But we cannot control everything. Nor perhaps do we want to. Sometimes going with the flow has an even better outcome for us. Sometimes we need to embrace the fluidity of life. Stop trying to control everything when you have done everything you can do. Let it be. It lessens your suffering and allows your wise mind to step in. Surrender can sound weak, and often scary. But it's not. It's powerful. You have resources at your disposal that you don't know you have. Let go and let the answers arrive.